

SUMMER SELF-CARE

Week 8 • July 28, 2020

Move your way to a better day

This week's takeaways

1. Exercise and mental health research has traditionally focused on aerobic exercise.
2. Mindfulness exercise, such as yoga, or resistance exercises also offer benefits
3. People have reported feeling calmer after a 20-to 30-minute bouts of aerobic exercise. This calming effect can last for several hours after exercise

Tips to start Exercising

- Find forms of exercise that are fun or enjoyable.
- Set small daily goals and aim for daily consistency rather than perfect workouts. Frequency is most important!
 - 5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.
 - Tip: Breaking the exercise into two 10-to 15-minute sessions, one before work and one at lunch time when possible, can help combat stress throughout the day.
- Distract yourself with an iPod or other portable media player to download audiobooks, podcasts, or music.
- Recruit an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a buddy!
- Be patient when you start a new exercise program. It may take about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

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